



# Enrichment Center Caregiver Calendar

## January 2020



Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>CENTER CLOSED</b> <b>HAPPY NEW YEAR!</b>	2 1pm: Dementia Caregiver Support	3
6 10am: Caring Connection Support Group 10am: 5 Toe Club Amputee Support	7 1pm: Caregiver Time Out	8 10am: Diabetes Support	9 1pm: Grief Support Group 1pm: Stroke Support Group	10 1pm: Movie Club
13 Tech 9-1-1 (Sign Up For A Time Slot) 6:30pm: MS Support Group	14 1pm: Caregiver Time Out 1pm: Low Vision Support Group	15 10:30am: Parkinson's Disease Support Group	16 1pm: Dementia Caregiver Support	17
20 <b>CENTER CLOSED</b> <b>Martin Luther King Jr. Day</b>	21 1pm: Caregiver Time Out	22	23 10:30am: Grandparents Raising Grandchildren Support	24
27	28 1pm: Caregiver Time Out	29	30	31

*Signups for all programs are strongly encouraged in case of cancelation. You can RSVP at (919) 776-0501 ext. 2201.*

*Please call Holly Hight, Caregiver Specialist, at (919) 776-0501 ext. 2230 for more information regarding these programs or for further assistance.*